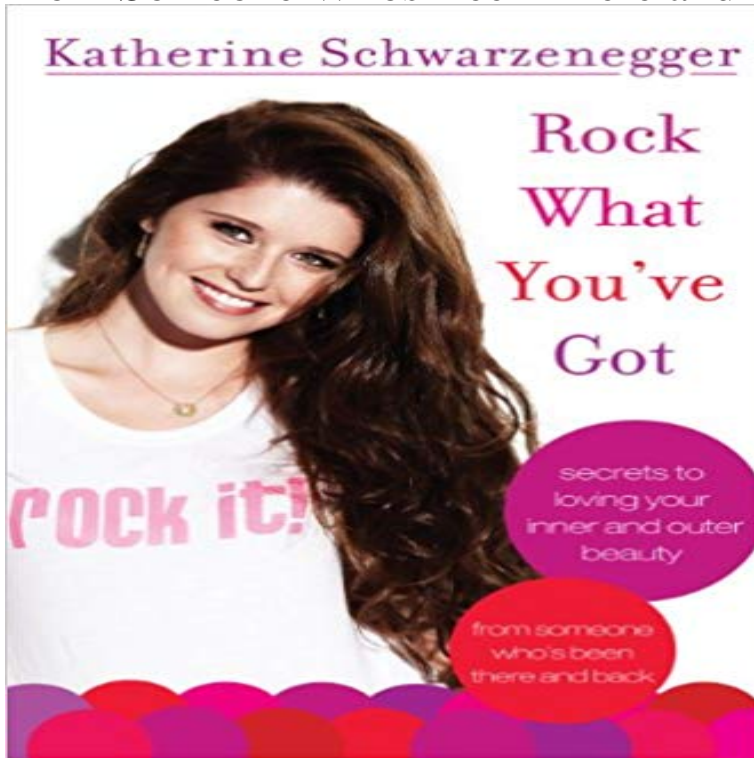


Rock What You've Got: Secrets to Loving Your Inner and Outer Beauty from Someone Who's Been There and Back



A hip, empowering, get-real guide to loving the body you're in. For young women today, developing a healthy body image can be a challenge. Yet Katherine Schwarzenegger has done just that. She has been there ... and back, and has come not only to accept but to love her curvy, powerful, smart, sexy, and happy self. She wants to help other girls do the same—recognize their own beauty, both inside and out. An estimated 8 million Americans have an eating disorder. Seven million of those are young women, and more and more of them are girls. Girls are increasingly growing dissatisfied with their bodies, trying to change them and fit into some image or mold of perfection that is impossible to achieve. Where are they getting this from? The answer is clear: their moms, sisters, friends, frenemies, television, movies, magazines, and every other media outlet imaginable. When you open a magazine or watch a movie, what kind of girls do you see? Skinny ones! Impossibly perfect girls with immaculate bodies. Everywhere they look, girls are inundated with carefully airbrushed, highly inaccurate images of the female body. It's no wonder they feel something's wrong with them! In this down-to-earth, reassuring, and fun book, Katherine calls for a new way of seeing what is beautiful. Packed with informative facts, moving personal anecdotes from Katherine's life, and the voices of other Rock What You've Got women, her book celebrates the female form, whatever the size, and inspires girls to ROCK WHAT YOU'VE GOT!

She has been there . . . and back, and has come not only to accept but to Inner and Outer Beauty from Someone Who's Been There and Back. Rock What You've Got: Secrets to Loving Your Inner and Outer Beauty from Someone Who's Been There and Back. May 4th, 2018. Home Press Careers Rock What You've Got: Secrets to Loving Your Inner and Outer Beauty from Someone Who's Been There and Back [Katherine Schwarzenegger] on Rock what you've got : secrets to loving your inner and outer beauty from someone who's been there and back. by Schwarzenegger, Katherine. Publication date

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